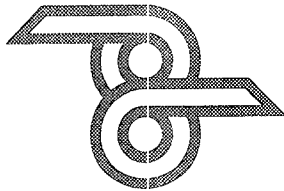


810 LAT MACHINE ASSEMBLY INSTRUCTIONS

18. To do LOW PULLEY EXERCISES, attach the LOW PULLEY CABLE (ORANGE LABEL) to the 1/4 IN. QUICK LINK on the LAT PULL CABLE. Run the CABLE down, and around the LOW PULLEY on the SEAT SUPPORT TUBE. Attach one (1) 1/4 IN. QUICK LINK to the end of the CABLE. (SEE DETAIL B FOR CABLE INSTALLATION)

PARABODY INC.



**LAT MACHINE
810**

**PRODUCT ASSEMBLY
INSTRUCTION SHEETS**

TOOLS REQUIRED FOR ASSEMBLY

- 9/16 INCH SOCKET
- ADJUSTABLE WRENCH
- RUBBER MALLET or HAMMER

REVISION: A

If you experience any problem with the assembly of this product, please contact your dealer or your PARABODY Customer Service Representative at:

1-800-328-9714

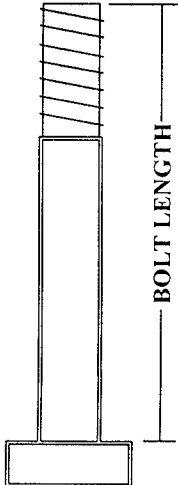
810 LAT MACHINE ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

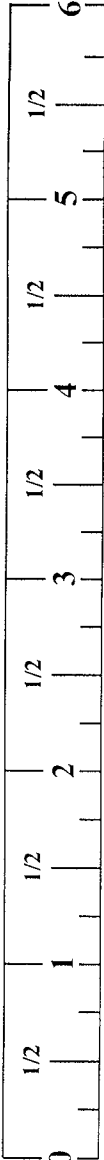
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3 IN. BOLT	5
2.	3/8 X 2-3/4 IN. BOLT	6
3.	3/8 IN. WASHER	12
4.	3/8 IN. LOCK WASHER	11
5.	3/8 IN. NUT	9
6.	1-3/4 IN. SQ. END CAP	1
7.	1-1/2 X 2-1/2 IN. END CAP	2
8.	2 IN. SQ. END CAP	1
9.	3/4 IN. SQ. RUBBER BUMPER	1
10.	PARAGLIDE STRIP	16
11.	3/4 I.D. BLACK PLASTIC WASHER	2
12.	1 X 8 IN. FOAM GRIP	4
13.	2-1/2 X 5-1/2 IN. NON SKID STRIP	2
14.	1/4 IN. QUICK LINK	3
15.	STAR LOCK COLLAR	2
16.	CABLE SLIP GUARD (6228101)	1
17.	3/8 IN. LG. PULLEY SPACER	4
18.	1/4 IN. LG. PULLEY SPACER	2

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



810 LAT MACHINE ASSEMBLY INSTRUCTIONS

7.

Insert one (1) 1-3/4 IN. SQ. END CAP into the end of the SEAT SUPPORT TUBE, on the FRONT UPRIGHT.
8.

LOOSELY assemble the FRONT UPRIGHT, to the BASE SECTION, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.
9.

SECURELY assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY, and two (2) 3/8 IN. LG. PULLEY SPACERS, (ONE ON EACH SIDE OF THE PULLEY) between the LOW PULLEY FLATS, on the SEAT SUPPORT TUBE, using one (1) 3/8 X 3 IN. BOLT, two (2) 3/8 IN. WASHERS, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT. (SEE DRAWING)
10.

LOOSELY assemble two (2) PULLEY MOUNT FLATS, to the REAR, and the FRONT UPRIGHTS, using two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.
11.

AT THIS TIME, TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.
12.

SECURELY assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY, and two (2) 3/8 IN. LG. PULLEY SPACERS, (ONE ON EACH SIDE OF THE PULLEY) between the PULLEY MOUNT FLATS, (ABOVE THE WEIGHT CARRIAGE) using one (1) 3/8 X 2-3/4 IN. BOLT, one (1) 3/8 LOCK WASHER, and one (1) 3/8 NUT. (SEE DRAWING)
13.

LOOSELY assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY, two (2) 1/4 IN. LG. PULLEY SPACERS, (ONE ON EACH SIDE OF THE PULLEY) and one (1) CABLE SLIP GUARD, between the PULLEY MOUNT FLATS, (AS SHOWN ON DRAWING) using one (1) 3/8 X 2-3/4 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT.
14.

SECURELY assemble the SEAT PAD, to the SEAT SUPPORT TUBE, on the FRONT UPRIGHT, using two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
15.

Assemble two (2) 4 X 7 IN. ROLLER PADS, to the FRONT UPRIGHT, using one (1) ROLLER PAD SHAFT, two (2) 3/4 I.D. BLACK PLASTIC WASHERS, and two (2) STAR LOCK COLLARS.
- (NOTE: PLEASE NOTE THAT THERE ARE TWO SETS OF HOLES IN THE FRONT UPRIGHT. ASSEMBLE THE ROLLER PADS TO THE SET OF HOLES THAT GIVES YOU THE MOST COMFORT)
16.

Slide four (4) 1 X 8 IN. GRIPS over the ends of the LAT BAR, and the LOW ROW BAR. (NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE GRIP WILL WORK THE BEST.)
17.

Attach the LAT PULL CABLE (BLUE LABEL) to the WEIGHT CARRIAGE, with one (1) 1/4 IN QUICK LINK. (SEE DETAIL B FOR CABLE INSTALLATION)
- Run CABLE up, and over PULLEY, above the WEIGHT CARRIAGE, to the PULLEY at the top.

•

Run CABLE over TOP PULLEY, and under the CABLE SLIP GUARD. (NOTE: REMOVE PULLEY FOR EASE OF INSTALLATION)

•

Attach one 1/4 IN. QUICK LINK, to the end of the CABLE, and then tighten bolt on TOP PULLEY (NOTE: THE CABLE SLIP GUARD SHOULD BE PARALLEL WITH PULLEY MOUNT FLATS.)

810 LAT MACHINE ASSEMBLY INSTRUCTIONS

IMPORTANT:

- THE PARABODY LAT MACHINE MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.

*** IMPORTANT ***
KEEP ALL LOOSE FRAME
CONNECTIONS

LOOSE UNTIL INSTRUCTED IN THE
ASSEMBLY STEP SEQUENCES TO
SECURELY TIGHTEN

- Insert one (1) 2 IN. SQ. END CAP into the front end of the BASE SECTION, and two (2) 1-1/2 X 2-1/2 IN. END CAPS into the ends of the BASE LEGS.
- Apply two (2) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the FOOT BRACE TUBE, on the BASE SECTION, as shown on drawing.
- LOOSELY assemble the REAR UPRIGHT to the BASE SECTION, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 NUTS.

NOTE: THE CONNECTOR PLATE ON THE REAR UPRIGHT IS OFFSET FOR THE PURPOSE OF A STOP FOR THE CARRIAGE. THE LONGER END OF THE PLATE SHOULD BE FACING TOWARDS THE FRONT OF THE MACHINE. SEE NOTE ON DRAWING.

- Attach sixteen (16) PARAGLIDE STRIPS to the WEIGHT CARRIAGE, as shown in (DETAIL A) using the following steps:
 - Thoroughly clean all inside surfaces where the PARAGLIDE STRIPS are to be attached.
 - Remove the paper backing from the PARAGLIDE STRIPS, and firmly apply them to all of the shown surfaces (16 places)
- Attach one (1) 3/4 IN. SQ. RUBBER BUMPER to the CARRIAGE STOP, on the WEIGHT CARRIAGE.
- Slide the WEIGHT CARRIAGE down over the REAR UPRIGHT.

810 LAT MACHINE ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BASE SECTION	1
2.	REAR UPRIGHT	1
3.	WEIGHT CARRIAGE	1
4.	FRONT UPRIGHT	1
5.	PULLEY MOUNT FLAT	2
6.	LAT BAR	1
7.	LOW ROW BAR	1
8.	ROLLER PAD SHAFT	1
9.	SEAT PAD	1
10.	4 X 7 IN. ROLLER PAD	2
11.	LAT PULL CABLE	1
12.	LOW PULLEY CABLE	1
13.	3-1/2 O.D. X 1 IN. BUSHING PULLEY	3

